



# June '10

# The Mountain Yodeler

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June 1, 2010 Volume 10 Number 7 Serving Lake Hughes, Elizabeth Lake, Leona Valley, Green Valley, Three Points and Neenach Distribution: 2,500

## HELUS Named Distinguished School

By Diane Parkins,  
Superintendent/Principal  
Greetings from Hughes-Elizabeth Lakes School District. Many things are occurring at our school that would like the community to be involved in to ensure that we continue to have an extraordinary school.

First, we are officially a California Distinguished School if you go to the California Department of Education website you can find the name of our school. We will be receiving our award and recognition from the state department in Anaheim on June 4, 2010. This brings recognition to our school for all the hard work the staff and parents have done to ensure our students are successful.

The entire school will have a celebration on June 10 from 8:30 - 9:00 on our upper field to recognize our award. We want students,

parents, staff and community members to be a part of this celebration. If you are available during that day we cordially invite you to attend.

We will be beginning a new Home School/Independent Study program here at HELUS. This program information will be discussed at a meeting on June 3, 2010 from 3 - 4. We will work with parents who want to continue to school their children at home but would like some of the benefits of being connected to our school. If you know of anyone who is home schooling their children, have them come to this meeting and find out more information.

You have probably heard much about schools budgets and the cuts schools have had to make. We have been hit doubly hard. Not only has our money from the state and

See HELUS, page 3

## Leona Valley Continues Water Rate Fight

Residents of Leona Valley and Lake Hughes won't know until at least December just how much their water rates will increase in 2011, according to Chuck Fluharty, co-chairman of the committee that was formed to fight the proposed 138% increase. "It could be as long as 18 months," said Fluharty at the May meeting of the Leona Valley Town Council.

With the assistance of California Rate Payers Association, five members of the Leona Valley committee traveled to San Francisco to participate in a settlement conference with California Water Service in April to see if the two sides could come to an agreement on some of the issues, Fluharty told attendees of the town council meeting. "At the settlement conference we talked about 50 capital improvements," said Fluharty. The improvements are those which the committee thinks are either unnecessary or overpriced.

The five committee members made a second trip to San Francisco to attend an evidentiary hearing. "We made a good showing. We are well respected by the Rate Payers Association," said Fluharty. "We were given half a day to See Water Rates, page 2



Tony Pinker and his wife Carol, of Green Valley, just opened an Antique/Collectible store in Leona Valley. Grossman photo.

## "Pinker Place" Opens in Leona Valley

By Glenn McConnell  
Contributing writer

An amazing new store has opened in Leona Valley. On May 15, 2010, Tony and Carole Pinker opened the doors to their antique and gift store at the corner of Elizabeth Lake Road and 90th Street West.

They will be open 7 days a week from 11 am to 6 pm.

When you walk into their store it has a very friendly, warm and inviting feeling. The place is loaded with antiques. Just a few of the items I saw were furniture, clocks, lighting, paintings, chairs, quilted handbags and purses, linens, kitchenware, a kids' corner, collectables, comic books, cameras, books, movie memorabilia and much much more.

The store is more than just an antique store. They also carry wonderful gift items, such as 42 different flavors of taffy, cookies

imported from Pennsylvania, jewelry, photo albums, jams, jellies, honey, special chocolate, pancake mix, cake mix, bread mix, chimes, Howard Restore Products, milk paint, gift cards and bags, crackling scented candles, hand soap and many more great gifts!

My favorite was a writing pen made with wood and the casing to a high powered rifle. This is great gift idea for the hunter in your family.

Tony and Carole have lived in Green Valley for the past 16 years. Both Tony and Carole are retired from the movie industry.

They love traveling and hunting for antiques. Their passion is collecting and restoring antiques.

Tony and Carole also have two other stores. One is located in Quartz Hill (42314 50th Street West) and one in Wrightwood (6014 Park Drive).

## Two Arrested at Pot Plantation

By Dahlia Grossman  
Editor/publisher

Two men were arrested in connection with a pot plantation in Lake Hughes, according to Resident Deputy Bob Schneider.

"I got a call from a maintenance worker from The Painted Turtle saying he had found an irrigation line hooked up to the water tower behind the property," said Schneider. "A narcotics team went to the scene and the lines were ripped out, but at that point there were no plants yet," he said.

Deputy Schneider said that the next day he happened to see a Hummer driving around Lake Hughes with a missing tail light. When he questioned the driver, he discovered that the man was unlicensed and didn't own the vehicle. The owner of the vehicle, also unlicensed, was asleep in the backseat.

"We found irrigation equipment in the car along with 750,000 seeds, lots of fertilizer, a loaded shotgun and rifle slugs. I knew it was them," said the deputy.

"The next day we caught the men cutting through community center property to See Pot Plantation, page 2

### CONTACT THE YODELER

Ads, payments and articles for the June 1 issue must be received by June 15. Send submissions to [dahlia.grossman@verizon.net](mailto:dahlia.grossman@verizon.net) and payments to Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 661-724-1293 or 965-2201.





Doctor Dave poses with Little Miss Lakes Elyse Carroll, Junior Miss Lakes Ashley Rich, Savannah Wright and her puppy Chanel at the Lake Hughes vet clinic on May 8.  
Photo: Donna Carroll

## Pot Plantation

From page 1

get to the "plantation," - which was actually on Forest Service land located behind (south of) The Painted Turtle camp," said Deputy Schneider.

According to the deputy, one man was sentenced to 16 months in state prison; the other was deported to Mexico.

## Water Rates

From page 1

present our findings. They have never been faced with a community that's confronted them like this," he said.

The portion of West Lancaster that is in our water district has also joined the fight, according to the committee. "We're still working with Lancaster people, such as Steve Irwin of Troth Realty, and retired Judge Howard Swart, who is raring to go on it," said Lana Seymour.

According to Seymour, Steve Knight and George Runner both wrote letters asking the administrative law judge and commissioners who will hear the case in December to deny the application.

## Winners of International Pun Contest

Submitted by Jon Pilgigi

Two hydrogen atoms meet. One says, "I've lost my electron." The other asks, "Are you sure?" The first replies, "Yes, I'm positive."

Did you hear about the Maharajah who refused Novocain during a root canal? His goal: transcendental meditation.

## Green Valley Citizen of the Month: Ava Bardsley

By Glenn McConnell, contributing writer

As I sat and talked with Ava Bardsley, I thought to myself, "What a breath of fresh air."

Ava is 19 years old and has lived in Green Valley her entire life. She is not one of those young adults you see in town hanging around with nothing to do.

She is a self-motivated woman with drive and ambition.

Ava's typical day begins at 4:30 am and ends at 10 pm.

At four years old, Ava began watching the food network while other kids were watching cartoons. While growing up, her love for cooking grew steadily. She loved to experiment with new dishes. While attending Hart High School, Ava enrolled in the Regional Occupational Program (ROP). At age 17, Ava was honored as the outstanding ROP student of the year and received a gold medal.

Her teacher said, "Ava is a team player, a great leader and an extremely talented culinarian. I am proud to have her in my class." Ava was also selected to participate in the Johnson & Wales University Chef of the Year competition in Miami, Florida.

Last year, Ava received the "Cool Kid Award" from ABC and was featured on television. She has also been featured on a CNN special on cooking.

In September, Ava will have completed her schooling at Le Cordon Bleu Program in Pasadena. Ava's expertise is as a "sauvier." For us common folks, she is someone who makes sauces. She will graduate with an Associate of Arts Degree.

For the past three years, Ava has held down a job as a sales associate at Stein Mart in the Santa Clara Valley. Ava has secured a paid internship with Disney World in Orlando Florida, which she will start upon completion of her schooling.

In her spare time, Ava volunteers at the Senior Center in Santa Clara. She loves jazz and coffeehouse music. Her favorite foods are Greek and French.

As a crusty old narcotics detective, my faith in our younger generation has once again been restored. Ava, you are a lady on a mission with an abundance of talent, drive and determination. I salute you. You are truly one of Green Valley's finest.



## Final Pet Vaccine Clinics Scheduled

### CLINIC DATES

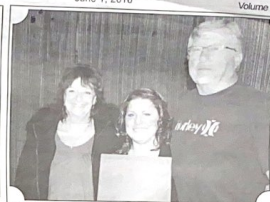
Leona Valley Comm. Bldg.  
Thurs., June 17, 6 - 7:30 pm  
Green Valley Comm. Hall  
Sat., Sept. 18, 11 am - 1 pm

## HELUS, from page 1

federal government been reduced, but we also have less students than we had three years ago. We are having a board study session on June 1, 2010 at 3 pm in our cafeteria to explain some of the budget issues that affect our district and help you to understand how we are attempting to keep a quality instructional program.

We are inviting the community to learn more about these budget impacts. Finally, I would like to thank so many community members and groups for supporting our 6th grade graduating class. Many community organizations and individuals have stepped forward during a time of fiscal distress for everyone and donated bonds or gift certificates for our graduates in areas of academics, citizenship, school involvement, community involvement and being an all-around student. I would like to publicly thank them here.

HELUS PTA, Papa's Country Store, Luca Snelton, Lakes Community Center Association, Lakes Town Council, Heart N Soul Coffeehouse, Lakes Woman's Club and the Lakes & Valley's Art Guild.



Linda and John Grimm with Leona Valley Improvement Association President Sarah Clayton. Photo: Christine Stoddard

## Leona Valley Important Person: John Grimm

By Christine Stoddard

Reprinted with permission of Leona Valley Cherry Chapters - John Grimm, Leona Valley's Important Person for March was born in Santa Monica. He married Linda, his wife of almost 44 years, in 1966.

John and Linda and their two daughters moved to Leona Valley in 1975. 35 years ago last January, Kristin was four and Robyn was an infant.

Kristin now lives in Paso Robles with her husband Jerry and two 12-year-old daughters Jessica and Natalie and a 10-year-old son Nick. Robyn lives in Lancaster with her husband Todd and five-year-old son Trevor. They are trying to buy a house in Leona Valley, which would fulfill a dream for John and Linda.

John grew up wanting to be a fireman and when he was 18 he went to work for the U.S.D.A. Forest Service, working in the Angeles National Forest. Next he served in the U.S. Army for three years. When he returned from army duty he became a firefighter for Los Angeles City and worked for the city for 32 years, retiring in 2002. During that time, in 1993, he became a paid volunteer for Los Angeles County Fire Station 140 here in Leona Valley. He is now the supervisor for that station.

Right now, when you think of John and Station 140 you probably think of the loss of his ring finger in December 2008. That accident happened when he was alone at the station doing a simple task that turned into a very bad accident. It then turned into a source of pain that will probably go on forever. John's sense of humor has always gotten him through rough incidents like that and he has never let things like losing part of a finger get him down. He and the county are still trying to figure out just how much that finger is worth dollarwise.

John decided to become a Call Firefighter because of his love of the job and his love of his community. With that comes the responsibility of knowing that chances are he will be going to friends' and neighbors' homes in times of dire need. He feels a deep responsibility to give his all and when the outcome is tragic he feels the loss deeply.

He also loves working with the young men and women who become recruits with dreams of becoming career firefighters and has watched many young people realize those dreams. He is a good mentor, a good husband, father and friend and certainly an Important Person in Leona Valley.

## New advertisers in Business Directory (Pages 19-23)

The following businesses are now advertising in the Mountain Yodeler's Business Directory. Please support them so that our newspaper can stay in business and grow.

Category	Name of Business
Automotive	Precision Auto Body
Cards	Halmark
Construction	Alister Plumbing/Septic
Construction	Arrow Ready Mix Concrete
Construction	Bob Haus Builders
Construction	Oyer Painting
Construction	Oakwood Custom Builders
Entertainment	Radio Shack
Entertainment	A-Gift-of-Joy
Hair & Nails	Salon One
Hair & Nails	Esthetics by Ena
Health/Wellness/Beauty	Natural Balance
House Cleaning	Tonko
Landscape	Altano's Landscaping
Technology	Future Motion
Tutoring	Mrs. Sandra Heller

**LAKES FREE CHIPPING DAY**  
**SAT. JUNE 12TH**  
9AM - 3PM  
**LAKES COMMUNITY CENTER**

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If you see news happening, call The Mountain Yodeler at 724-1293 or 965-2201.

To advertise in The Mountain Yodeler, call 724-1293 or 965-2201 or email dahlia.grossman@verizon.net.

**FREE CHIPPING DAYS**  
To assist in reducing the hazardous fuels The USDA Forest Service will be conducting chipping operations free of charge

**SAT JUNE 5**  
Green Valley Charitable Hall

**SAT JUNE 12**  
Lakes Community Center  
9AM - 3PM

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For more info call 270-9911

## Real Estate Market: Boom or Bust? Is the Market Really Out of the Woods Yet?

By Linda Marcella Berg,  
Contributing Writer

Speculation abounds as the prices inch slowly upward after a long drought of declining sales and prices within the housing market over the past years.

Some say the banks are becoming too-heavy with overstocked inventories of foreclosed homes they are hoarding, while only releasing a trickle to the public at a time for the purpose of maximum profit per home on the resale side. This is a form of a bubble in itself, threatening to burst with the forced release of many homes at a time, which would cause the prices to become soft again.

Is anyone really forcing the banks to release more than they are hoarding, and is there any regulatory body dictating how they should be managing all these foreclosures they are collecting?

Apparently, they are their own captain on that ship. Additionally, if they show a huge inventory of unsold homes on their financial books, they are more likely to qualify for government assistance money to "keep them afloat."

Unfortunately, there appears to be no "bottom of the barrel" with regards to foreclosures, as more people opt to "walk" or short sale their homes after seeing the guy down the street do the same.

This may be a release of a long-term bad investment as the return of the original purchase value of pre-2005 will probably just not happen again in this decade, if at all. This means many more homes will be recycled into the short sale or foreclosure market over the next few years.

**Prices Are Inching Up**  
In March of 2008 there were 282 homes sold in the High Desert region compared to a marked increase of 514 homes sold this past March. The average selling price is

up approximately 12% over last year at this time. Other areas across the United States are still declining, however.

The Antelope Valley is attracting a huge crowd of investors who are picking up these properties at "rentable" prices with a sensible profit margin in mind. Mom and pop investors are getting in on the action, as well, with future income properties for retirement. The Antelope Valley still has the overall best prices for what you can buy in the state of California. Nevada also boasts some great deals, as many internet shoppers are aware of.

**Maintaining the Upward Pace in 2010**

The end of the home-buyer incentive tax credit programs may result in a slowdown of sales later in the year, as this was a major motivator for first-time buyers with the \$8,000 tax credit and the repeat home buyer with a \$6,500 tax credit.

New programs are being discussed which, if passed, would continue to assist the comeback of the housing market.

Indeed, these programs have significantly assisted in lifting the entire housing market, and if our government were smart, they would continue with similar programs to keep this going.

On the flip-side, many are tired of competing with multiple offers on each home and are actually hoping the end of the incentive programs will result in less competition at the bidding table.

In my opinion, there will still be plenty of buyers in the Antelope Valley even without the incentives. It will probably just result in a better chance of getting an offer accepted.

However, my crystal ball has been out of service and on shaky ground for a while, so this all remains to be seen. In closing, here are the latest "Fast Facts" published by the California Association

**Fast Facts...**  
Calif. median home price March 2010: \$301,790 (Source: C.A.R.)  
Calif. highest median home price by C.A.R. Region March 2010: Santa Barbara So. Coast: \$890,000 (Source: C.A.R.)  
Calif. lowest median home price by C.A.R. region March 2010: High Desert - \$122,970 (Source: C.A.R.)  
Mortgage rates - week ending 4/29/10:  
30-yr fixed: 5.06  
15-yr fixed: 4.39%  
Fees: points: 0.7%  
1-yr adjustable: 4.25%  
Fees: points: 0.5% (Source: Freddie Mac)

## More Puns

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories.

After about an hour, the manager came out of the office and asked them to disperse.

"But why?" they asked, as they moved off.

"Because," he said, "I can't stand chess nuts boasting in an open foyer."

## The Oaks Offers Assistance to Residents

Assan American Christian Fellowship, a group including college students from Southern California, will be at THE OAKS the week of June 13-18. On Wednesday, June 16, from 9-11:30 am they would like to have students reach out to our students and assist residents with light exterior maintenance and landscaping projects.

We would assign groups of 3-5 students per request as needed to anyone interested in having students help with work to be done around their homes. The residents would need to provide supplies and equipment (rakes, shovels, clippers) and the time frame is fairly set. Anyone interested in signing up to receive this help can contact Dan Smith at 724-0115 ext 308.

Thank!! Dan Smith  
THE OAKS Camp and Conference Center, Lake Hughes

**Business Hours:**  
Mon. - Fri. 8 a.m. to 5 p.m.  
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check wipers, belts & hoses  
Check all fluids  
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Machine Rotors or drums & labor per axle  
With premium pads or shoes

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6 & 8 Cylinders extra

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We accept checks

## Kids Will Run for Fun at Leona Valley Cherry Parade

Leona Valley Serfoma will sponsor the Third Annual Kids Fun Run at the Leona Valley Cherry Festival on June 5. Children from Kindergarten through 3rd grade will run a 200-meter course and 4th through 8th graders will run a 400-meter course. Each runner wearing a race bib will receive a medal and a "goodie" bag at the end of the race. Registration will open at 8 am at the Serfoma booth on the corner of 90th Street West and Leona Avenue. The cost is \$2.00. Registration will close at 10:15 and the race will begin promptly at 10:30.

We had 56 participants last year and are hoping for at least 75 this year.

Make this a family day! Come early, watch your kids run and get a good seat for the Leona Valley Cherry Parade and Festival.

**Church Says "Welcome Home"**

Greetings from the Church of the Lakes! Some people will tell you that the best part of traveling and being away on vacation is coming home. There is something about coming back home and knowing you are where you belong. I remember going away to school and even more recently having to travel on business and returning home only to hear the most wonderful words: "Welcome home!"

Many people say that once you move away from a community you can never go back. Even if you lived there for many years, going back does not feel right. Life moves on and what we remember about the past does not fit with how we live in the present.

That may be true of towns and former classmates; it may be true of returning "home" for family reunions, but when it comes to God, nothing could be further from the truth.

God welcomes us at any time and in any circumstance. Likewise, the doors of our church are open to you and we stand ready to greet you warmly and say, "Welcome home! We're glad you're here!"

Come join us on Sundays at 10 a.m. We're your community Church of the Lakes.

Blessings to you,  
Pastor Joanne

**LAKES WOMANS CLUB**  
**NEXT REGULAR MEETING**  
**Wed., June 9 at 7 pm**  
**Lakes Community Center**

All Lakes and Valleys women welcome!

For information about joining the Lakes Womens Club, call Judy at 724-2382.

## Sun Shines on Woman's Club Yard Sale

The Woman's Club's annual yard sale on May 1, took place at the end of a cold, rainy and windy week. So we were very fortunate that the sun was shining and the wind didn't kick in until we were packing up at 3 o'clock. Then, suddenly, everything that wasn't tied down was blowing around, including lots of sand that got in our hair and eyes. We are grateful to two unnamed helpers who took down the canopy for us before it too blew away.

We had a steady stream of customers all day and an excellent turnout of club members. Thanks to the following, who gave of their time, energy and experience to raise money for the Woman's Club:

Members: Suzanne Hansen, Elise Hesterman, Miller, Sandy Miller, Jeanette Lundberg, Dorothy Sobberg, Dahlia Grossman, Marie Paul Kalevonglu, Louisa Stephen, Billy Jo Johnson and Janine Koster.

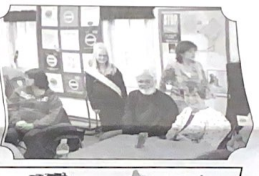
We also greatly appreciate the help and support of some of our friends who are not Woman's Club members, including Marie Proffitt, Jeanette's husband Dave Lundberg, Judy's husband Dennis Miller, Karen Graham and Frank Toothaker.

Also many thanks to the people who donated items for us to sell. In addition, thank you to a woman who helped us set up in the early morning hours whose name we did not get. We'd like to also thank the Lakes and Valleys Art Guild for donating a trailer full of items from their sale and to Tom and Linda Joynt, who once again let us use their trailer.

Our leftover items were donated to Warm Springs and Goodwill Industries. Profits will pay the club's ongoing expenses.



Lakes residents have dinner at the community center before the Leona Valley Super Marathon. Photos: Peggy Moore



Lakes residents have dinner at the community center before the Leona Valley Super Marathon. Photos: Peggy Moore

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## No Decision Yet on Power Lines in Green Valley

By Lu Bole, senior staff writer  
A decision has been made yet on whether the Warren Ridge transmission line project will cut through Green Valley, according to representatives of DWP, BLM and the U.S.D.A. Forest Service, who attended the April meeting of Green Valley Town Council.

A presentation by GVTC president Dale Kimmel showed several alternative routes that Green Valley residents would like the DWP to consider. Rather than just telling them "The folks in Green Valley don't want the transmission lines to go through Green Valley - Period!" Kimmel displayed a more detailed map, including street/city boundaries from the wind farms at Tehachapi all the way past Castano to the switching stations at Rinaldi.

He showed exactly where the three routes under consideration would go, and then showed possible alternate suggestions, first incorporating Route 1, the one going by the aqueduct and along Hwy 138. This route would not require as much major new road construction, because Hwy 138 as well as the Old Ridge Route could possibly be utilized for installation and servicing the towers.

Dale also suggested the use of an existing 11-mile tunnel between Fairmont Reservoir and South Portal as a possible path for transmission lines along proposed Route 2. This would effectively bypass the Green Valley properties/ranches on the north side of San Francisco, and has ample room for many future lines as well. Presently water is passing through this tunnel, but he suggested that it could be feasible to incorporate both power lines along the roof and water in pipes below.

Dale also mentioned that federal stimulus money might pay for most of the costs if this were chosen.

Chuck Holloway, one of the DWP representatives at this meeting, thanked Dale for the obvious hard work and thought that had gone into his presentation, reiterating that so many people with whom he has had to deal lately simply say "Not in my backyard," but have no alternative solutions to a problem which must be solved, one way or another. He also stated that the idea of the Elizabeth Lake Tunnel was new to him, and he would study this alternative in the next few weeks.

Mr. Holloway then spoke about all the concerns of all the sides in this situation: residents affected are concerned about protecting their own homes/health, the state has mandated that a certain percentage of energy must be produced without the use of fossil fuels, and the transport of that energy therefore must somehow be accomplished.

"No matter which route is chosen, somebody will be unhappy about it," said Holloway. One thing that has been told to him is that the number of individual homes to be affected within each proposed route is to be counted. This is not the only thing to be taken into consideration of course, but is just one additional facet of this problem.

Several Green Valley residents/business owners spoke. Dawn Ajax noted that "fair market value" in case of seizure by eminent domain at this time would not be good for affected homeowners because of property values now being "upside down" due to the current economic situation.

Warren Bamiller stated that besides the obvious health problems and the lowering of property values that

these high tension wires would produce, the views for which so many residents of these towns initially purchased their homes would be permanently destroyed.

A series of photos on display at Warren's Heart N Soul Coffeehouse depict what these ugly transmission lines look like crossing Elizabeth Lake Road just above the "Lazy T" horse facility near Palmdale. Seven such sets of lines cross the road at this point, each with different styles of transmission towers. No one wants to have that as their daily view out their living room windows.

Alecia Robertson added that none of the homes here in Green Valley are "cookie cutter" tract homes. Each home is a unique, custom-designed residence, and this has produced a very rare community. Its integrity should not be compromised by such massive, ugly transmission towers cutting across it.

Questions were also raised concerning the ultimate cumulative impact of increasing power line encroachment in the future. Concerns mentioned were "What would be the combined impact of So. Cal Edison's lines along with DWP's lines?" "What effect will these lines have in case of a major earthquake, downed lines from winds, or wildfires, either from those downed lines or from any other cause?" "How will the presence of these towers and their lines affect firefighting, either from the ground or the air?"

Chuck Holloway emphasized that all persons involved are doing what they can to find the best solution for all involved, but reminded all that there will always be someone who is unhappy with whatever is decided. "Every element is a trade-off," said Holloway. The challenge is to find the best decision for the most concerned. The final draft of the Environmental Impact Report is due by late September.



Volunteers Linda Joynt and Liz Nicholson work in the kitchen at the Leona Divide Marathon dinner at Lakes Community Center. Photo: Peggy Moore.

### Code 7 Ministries



A food ministry serving the Lakes and Valleys.  
If you are in need of food or have food to donate (canned goods or dry goods), call Glenn at 270-9016.

### PINKER'S PLACE

Come "PINKER" AROUND!

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New location 8802 Elm Lake Rd. Leona Valley

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## Honorary Mayor's Race Heats Up

By Tom Joynt  
Contributing writer

The Lakes Community Center's big event, 49er's Day, is fast approaching. It is held on the last Saturday in July (July 31 this year) and a big part of the fun is the Honorary Mayor's Race.

Now in a conventional political race, you get out and vote for your favorite candidate. In this race, you vote for your favorite candidate by helping him or her raise the most money. All the money that the Honorary Mayor candidates raise goes to helping keep our community center running all year.

So how can you help your candidate raise money? I'm glad you asked! Each candi-

date has raffle tickets to sell. Tickets are \$1 each or six for \$5. Many raffle prizes are given away during the 49er's Day event. A single \$1 ticket could allow you to take home some beautiful jewelry, win an overnight trip to a casino, receive gift services from a variety of businesses, and the list goes on and on. Candidates can also hold their own fundraising events to compliment the raffle ticket sales and boost their total that way.

What? A candidate can't buy their office if they want? Are you saying the BIGGEST SLUSH FUND WINNERS?

Yep. It's that simple. In a way we parallel what

Sacramento does but without all that voting machine bother!

The candidate who raises the most money is chosen as the Honorary Mayor of the Lakes Area. Forever will their name be part of the great history of Lake Hughes and Elizabeth Lake. No, it's not 15 minutes of fame. You get all 365 days!

And now that you know the ground rules, let's meet the candidates. The 49er Day committee is fortunate to have four candidates this year. This is the most candidates in any Honorary Mayor Race that anyone can remember. We have two ladies and two gentlemen who are running. They were

June 1, 2010

asked a few questions about the race and here's what they said.

**Candidate #1 Russ Williams.** Russ lives in Elizabeth Lake and you may have seen and heard him announcing our 49er's Day Parade from the Rock Inn balcony or on the air at Time Warner Cable.

Russ says that rather than ride in the parade with the other candidates, he will probably continue to be the announcer. (This could be to Russ's advantage on this last day of ticket selling!)

Russ is running on a platform of change. (Wait, I've heard this before!) That is, change in your pockets, change between the couch cushions, any change that can be used to buy raffle tickets!

Russ believes that the common man ought to be able to put a politician in his pocket, not just the big corporations! He says the Honorary Mayor's Race is the way to do it and it gives the common man that opportunity!

**Candidate #2 Elizabeth Nicholson.** Liz lives in Lake Hughes. You know her because she is the waitress at the GreenSide Grill. Her strategy is to sell lots of tickets and make lots of money for the Community Center.

But because the GreenSide Grill recently had to reduce hours, Liz considered dropping out due to this upset in the normal employment.

But Liz isn't dropping out. She's going to see it through, regardless! Liz is our candidate with lots of fight!

**Candidate #3 Tom Hamilton.** Tom lives in Elizabeth Lake and if you bought a beer at the May Music Fest or at last year's 49er's Day, you probably met him at the Beer Booth. Tom helps set up and run that booth. Tom listed that as a boost to his ticket sales, he might hold a Bingo event. He's glad there is no neg-

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ative campaigning. It's all in fun and we are all good sports! What's Tom's campaign slogan? "Beer at every event!" That fits!

**Candidate #4 Alaire Koso.** Alaire lives in Lake Hughes and is no stranger to the Honorary Mayor Race. She has successfully won the event twice and is currently our outgoing mayor. This means she could be a two-term mayor! Can the Lakes Area take it? Alaire writes a column in the Yodeler and is active in conservation efforts in the community. Part of her candidate fundraising was a pledge drive where those who signed up contributed \$1 for each kilometer she completed at the recent Leona Divide foot race. She finished all 50 kilometers! Although she felt like a lame duck after the race and she technically is a lame duck, she promises to forge ahead with ticket sales for the cause.

That sums up our candidates. When you get the chance, buy some tickets from your candidate of choice and we'll see who will be the Lakes Honorary Mayor declared at the 49er's Day festival on July 31, 2010!

Candidates will be selling tickets during the 49er's Day festival until 6 pm and we will announce the winner at 7 pm.

## Humor

The exchange between Churchill and Lady Astor. She said, "If you were my husband I'd poison your tea." He said, "If you were my wife, I'd drink it."

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy," - Walter Kerr

"He has all the virtues I dislike and none of the vices I admire." - Winston Churchill

The Mountain Yodeler

## Lakes Community Center Plans Tour of St. Francis Dam

The Lakes Community Center is planning the next History Event for the afternoon of Saturday, June 19, 2010. It will be a revisit to the Saint Francis Dam, which was such a popular happening two years ago.

**Movie to Precede Tour**

Starting at 1 pm, a movie will be shown at the Lakes Community Center at 17520 Elizabeth Lake Road. After the movie, all will proceed to the dam site where you may walk in and see where the dam was located. At Power House #2 a shuttle service will be provided back to your car if you choose to walk to the end of the washed out road. Please be sure to wear walking shoes. If you are not able to walk there, but would like to continue the tour you may rest in your car until the tour of the dam is finished.

**Visit Graves of St. Francis Dam Tragedy Victims**

Another addition to this year's visit is a tour of the graves of some of the victims of the tragedy. The group will proceed on down San Francisco Canyon Road to the property of Mr. Syrus Kealey. He has graciously consented to allow access to the graves of the Ruiz Family, who were victims of the disaster and whose graves are on Mr. Kealey's land.

This surely will prove to be an educational outing for both young and old. Because the Lakes Community Center (LCC) is continuing with the restoration of the "CCC Building" which requires much fundraising, a donation of \$5 for adults is requested. Children 12 and under are free. For information call Linda at 661-724-0737. Please join the LCC for this "History Happening" in June.

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Volunteers rest after picking up trash from around the lake at the Lakes and Valleys Community Center's first cleanup day in April. See article, page 12 and more photos, page 18.

## Green Valley Plans Parade

**Parade meeting called**

A SPECIAL MEETING FOR THE JULY 4TH GREEN VALLEY DAYS & PARADE will be held Tuesday, June 15 at 7:30 p.m. WE NEED VOLUNTEERS, SO PLEASE COME TO THE MEETING.

We still have no entry fees for the parade. The lineup is at 8 a.m. and the judging is at 9 a.m. and the parade starts at 10 a.m. You must be signed up before the judging starts or you will be judged and receive your ribbon. No exceptions! Pick up forms at the Pony Express, Heart of Soul or Mike's store.

**Swap Meet**

Green Valley Charitable Hall's Board would like to thank everyone that supported us in our very successful swap meet. Because of your donations we are a little closer to getting a new roof.

**Membership Renewals Due**

We would also like to remind anyone who has not renewed their membership that they are now due, and this money will also go to the roof.

We hope to see you all at the upcoming Ice Cream Social and Tea Sandwiches event to be held on Sunday, June 27 from 11 am to 1 pm.

**Jet Hawk Games**

For those who like the Jet Hawk Games, the tickets have been replaced and we are now selling them. Please contact Bev at 270-9534. The seats are down front behind 3rd base and the game is Saturday, July 31 at 7 pm. Bakersfield is playing the Jet Hawks.

**Bookmobile**

For those who use the Bookmobile, every Friday 10:30 to 11:30 am, it is now a smaller county car, due to an accident that did damage to the original Bookmobile and injured the driver. Our best wishes for a speedy recovery go to the driver.

**Election Day**

On Primary Election Day, June 8, we hope to see everyone come out to vote at the Green Valley Charitable Hall.

## Treasure Box Stretches Food Dollars

The Treasure Box provides families and individuals with a 21.25-pound box of frozen grocery-store quality food that normally retails for between \$65 and \$100 for just \$30 each. One Treasure Box is enough to nutritiously feed a family of four for almost a week.

No donations. No restrictions! Leona Valley Community Church has partnered with the Treasure Box to provide these boxes in our community and neighboring communities. Once a month we pick up the boxes ordered and bring them to 8308 Leona Ave., Leona Valley, so you can pick them up from us. To order your boxes and see the menu please go to WWW.thetreasurebox.org and get ready to stretch your food dollars.

Just go to the web site and click on "find a location." Put in your zip code and it will place you within 20 miles of your location. Then order your box or boxes and we will do the rest. There is no limit to the number of boxes you can order.

Leona Valley Community Church 661-270-0353

## See News Happening?

Call The Mountain Yodeler at 724-1293 or 955-2201.

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## The Art Page

Todd Cooper  
Art Editor

state of the ART in our community

### Live Broadcast Every Friday

Join me in the studio every Friday at 2PM on Ustream. Just go to my website at [theartstudios.com](http://theartstudios.com) and click on the Ustream link. You can watch without signing up, but if you open a Ustream account (it's free, quick, easy and they won't bother you) you can interact with me and the other guests (mostly artists) via the chat window.

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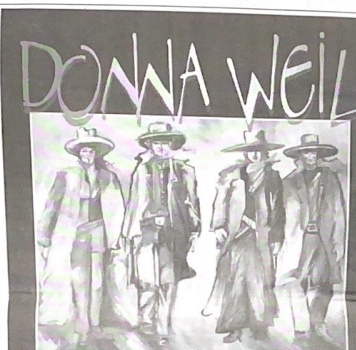
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### Paint it Black...or Don't

Many artists will tell you to never use black paint out of a tube, like Ivory Black. I wouldn't go that far, but I believe that black paint is

very limited in its usefulness. A better practice is to mix your blacks using a dark cool and a dark warm. A good mixture to start with is Ultra-

marine Blue and Raw Sienna. You can lean it towards the cool or the warm, and if you want a real jet black, add a bit of Alizarin Crimson.

### LVAG NOTES

Members! Sign up for gallery sittings! Just put your name on the calendar at the gallery. LVAG logo merchandise is available at [www.zazzle.com/TheCoyoteStudiosLVAG](http://www.zazzle.com/TheCoyoteStudiosLVAG). The next LVAG general meeting will be Sunday June 27, 2010, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.

## In Loving Memory Allan "Al" Carlson

Elizabeth Lake resident Allan "Al" Carlson passed away on Sunday, May 16 after a long illness. His passing is a sad loss to all of us who knew and loved him. Al was born June 6, 1935 in Masoula, Montana, the son of Earl Howard and Ruth Candace Davis Carlson.

He spent his early years growing up in Hamilton, Montana, living and working on farms in the area. He attended Hamilton High School and later attended Harbor College in San Pedro and UCLA.

In the early 1950s, Al left Montana seeking work. He worked various odd jobs until he was hired at North American Aviation in 1953. North American Aviation was later to become Rockwell International and is now Boeing Corporation.

Al worked for Rockwell for

37 years, rising in 1990 to fulfill his dream of sailing around the world. While at Rockwell, he started out as a riveter and worked his way to become manager of final assembly of the space shuttle. Al was involved with the space program from the very beginning, working on the Apollo program and finishing with the last of the shuttles now in existence. He had many fond memories of the people he worked with, the astronauts he met, and the work he did there. He was always very proud to have been a part of history with his work on the space program.

In 1966, Al earned his private pilot's license. He was crew chief in the Marine Corp Reserve for 6 years.

Al was a member of the Masonic Lodge, the Retired Teachers Association and the Geezers, the Lakes social group for retired men.

He enjoyed music, sailing, computers, photography, watching old western movies and airplanes, but most of

all, he enjoyed his time with family and friends.

Al was a master story teller. He could tell a story and have you wondering if it was actually a story or if it was true - like the time he ran off to join the circus, which was actually a true story!

In 1990 Al and Jan sailed for four years to the South Pacific on his boat "Cool Change III." They visited many different countries and experienced Al's dream of sailing around the world. This was an experience of a lifetime for both of them and for their friends who joined them along the way.

Al and his wife Jan moved to the Lakes 10 years ago and they quickly became involved in community service, devoting a great deal of time and energy to helping the Lakes Community Center, HELUS, our service men and women and The Mountain Yodeler.

Al was a computer whiz and there was nothing he couldn't - or wouldn't - do for The Mountain Yodeler, his community, his friends and family. He was the devoted production assistant for The Mountain Yodeler until a month before his passing. Over the years, he worked tirelessly to make the photos, the ads and the Soldiers Page look great. He worked meticulously at everything he did, always striving for perfection.

Al loved helping with community events, and every year, when the community center held its Christmas party, he would take pictures of all the children with Santa Claus for the parents and for the newspaper. He also videotaped the HELUS musical program year after year and took pictures at the 49ers Parade and Cherry Parade. He created a computerized architectural design for the reconstruction of the community center, which was used as the basis

of the recent remodeling work.

Al was a talented artist and musician and soon after the Carlsons moved here he formed a country/rockabilly band called The Canyoners, which played at many of the restaurants in the Lakes and Valleys and at private parties. He was a great singer and loved to entertain.

A patriotic man, every year he helped his wife Jan with her enormous yard sale which raises money to send "care packages" to men and women in the military. He and Jan also hosted the elections in their garage every year.

Because of Al's and Jan's community service, in 2007 the Carlsons were chosen as grand marshals of the 49er's Parade.

Al was kind and generous and had many friends. He was always there to help his friends and never asked for anything in return.

About a year ago, when Al was undergoing treatment for cancer, he said, "I've had a good life. I have a great marriage, great kids and a whole bunch of grandchildren, and I love every one of them." And they all loved him.

We'll miss you, Al.



Al and Jan Carlson were grand marshals of the 2007 49er's parade. Bole photo.

## Geezer Tribute to Al

Al Carlson, whose creativity and humor brought The Geezers together for 10 years, passed away May 16, 2010 at his home in Elizabeth Lake.

Immediately after joining the Geezers, Al began producing comical cyclops for birthdays and other special occasions and ultimately a Geezers Calendar that was an immediate sellout.

His writing, photography, and organizational contributions were also vital to the success of The Mountain Yodeler. Geezers respected Al for his broad knowledge, adventurous life, and for rising above his own ego to quell raucous disagreements among highly opinionated fellow Geezers during coffee at The Greenside Grill.

As one erstwhile friend put it, "I have never known anyone more lovable or well informed than Al." The Geezers will miss Al and we join Jan Carlson, her family and friends in celebrating his remarkable life.

Submitted by Norm Judd



Cool Change III



All on his boat



## Conservancy Picks Up 1,122 Pounds of Trash Around Lake

By Louisa Stephen  
President, Lakes and Valleys  
Conservancy

Total trash collected for the Lakes and Valleys Conservancy's first annual Earth Day trash pick-up contest event was a whopping 1,122 pounds! First place winners, with 349 pounds, were the Hamilton family (Michelle, Tom, Brittany, Nicole and Heather). The second place team, with 176 pounds, was made up of the Kruger and George families (Kathy Kruger, Kelly Kruger, Karla George and Ashley George). Third place, with 101 pounds, went to Tom and Mary Jeffery.

First prize was a \$100 Chevron gas card, second prize was four tickets to Heart Castle, third prize was lunch for four at The Rock Inn.

Raffle tickets included prizes from the Kneipp Valley Winery, Gianni Bistro & Grill, Dorothy Solberg's Shaker products gift basket, Salon D'Orn, a six-month business card ad in The Mountain Yodeler, and many others. Congratulations to all of the winners and participants! Shame on the polluters.

The contest was held for just three hours in the morning and I think that Julie Brauckeiser summed it up best. "I am so proud of our friends and neighbors for their hard work in cleaning up our beautiful little town, yet quite disheartened by the amount of garbage - over half a ton - that they found."

Many thanks to all who participated and volunteered. Robin Kennard deserves a heartfelt thanks because the entire event was his idea.

The Lakes and Valleys Conservancy is indebted to Robin for all of his efforts. The Ranch at Elizabeth Lake (Greenside Grill) let us use their parking lot and provided sandwiches, for which we are grateful. Waste Management provided a

large trash bin for us and I thank Sandra Pursley for her continued generosity to our community. Gene Heintz, president of The Lakes Community Center, was kind enough to make arrangements with Waste Management and loan us tables and chairs.

We had people show up just to buy T-shirts in support of the Conservancy's efforts to preserve and protect the lake and surrounding area. Rita Mitchell, Sharon Lehner and Scott White and Tom and Joan Guy come to mind, but there were many others. We are still tallying the results, but we raised at least \$1,000.

The Volunteers on Patrol kept watch on Elizabeth Lake Road, and Linda Joynt, Jim Hotchkiss, Mike Foxworth and Deb Tallent were all there to ensure our safety.

Board members Debbie Ennis and Kevin Brauckeiser really made the event a success, along with volunteers (Master of Ceremonies) Jim Zubina, Lynnell Parker and her son Ryan, who dressed as a turtle and snake, respectively. Karen Graham, Tirzah Rodgers, Ben Cook, Julie Brauckeiser, Cassidy Skilton, Samantha Peppard and Florence Bandy.

Teri Gordon was, as always, a hard worker who helped organize the event and had the fabulous T-shirts made up, with the input of the conservancy's logo designer Stefan Palmer of Snowflake Studios.

The Lakes and Valleys Art Guild was having their yard sale the same day and we sent people their way and they returned the favor. Thank you, President Dave Faust!

I have to say that I am so enthusiastic about the community spirit that is infusing the Lakes and Valleys Conservancy. We've just been up and running for a little more than a year and we

have a very broad range of volunteers and supporters - all ages, political views, etc. Working together with the folks at various organizations in town is a joy. We all share the same vision for our community.

After the event, the employees of the Lake Hughes Post Office, who had been unable to attend the event, purchased many T-shirts in support of the Lakes and Valleys Conservancy. Members of the Lakes Town Council also participated at the event, though Secretary Tad Summers, to his great dismay, did not win any prizes from the raffle tickets. He did, however, make us all laugh. Thanks! Tad!

This event would not have been a success without the help of the Department of Public Works in Palmdale. Louis Dabeaux was so helpful and provided trash bags, safety vests, helmets and gloves and made the entire permitting process easy for us.

Our sponsors deserve a most special thanks and they are as follows: Oakwood Custom Builders, The Mountain Yodeler, P.J. Jellison Properties, Inc., Gianni Bistro & Grill, Safety-Kleen Environmental, Terry Kenney Insurance, Crazy Otto's, Snowflake Studios, Royce's AV Concrete Plumbing, Mountain Hair and Nails, Pinker Place, The Rock Inn, JV Automobile, The Ranch at Elizabeth Lake, Casa Gutierrez, Leona Valley Salon, A & M Electronics, Inc., Green Valley Café, Spunky Canyon Market, Lakes VOR, Mountain Horizon Carpet Care, Rancher's Market, and Papa's Country Store.

We live in a great community. Thank you all for your support of the Lakes and Valleys Conservancy. We are working hard to preserve our community of people and wildlife.

Grossman photos. More photos, page 18.



Louisa Stephen and Karen Graham.

## Lakes Woman's Club Installs Board

By Jeanette Lundberg  
Contributing writer

The Hughes Elizabeth Lakes Woman's Club installed its new board during a luncheon on Wednesday the 20th of May at Crazy Otto's in Leona Valley.

Our new board will be Jeanette Lundberg (President), Doris Karabian (Vice President), Dalia Grossman (Treasurer), Judy Miller (Recording Secretary) and Sharon Lehner (Corresponding Secretary).

The real thrill of the day was having the honor of recognizing two of our members who have been giving to the community for 25 years. Billy Jo Johnson, a resident of Lake Hughes and a member of the Woman's Club for 25 years was awarded a beautiful framed certificate and a letter thanking her for her years of service to the national woman's club.

She was very pleased and we all thank her and look forward to following her example.

Our other honored member was unable to attend the luncheon. Elise Reiser, now of Holiday Valley.

(Neenach), has also served with the Woman's Club for 25 years. She has been a great support and hard worker all these many years. And we are looking ahead to having her work with us on many new projects to come.

This past month has been a busy one for our club. We took a trip to the Skiffel Museum and had a wonderful day out. The exhibits were very interesting and we have Sandy Miller to thank for making all the arrangements.

And then there was our annual Yard Sale. We wish to thank the community for all their donations and support as well as their purchases. We raised more than \$900 and will put that money to good work around the community we serve.

For those who are watching the road closely they may have noticed our new signs reminding all our local women of our meetings. Please feel free to join us. We welcome anyone who wishes to lend a hand and have a good time doing it.

## WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)  
By Tom Kaucher

**Temperature**  
High: 78° on 4-26  
Low: 30° on 4-21, 23  
Average High: 61.1°  
Average Low: 37.8°  
Average Temperature: 49.5°  
Lowest High: 46° on 4-11  
Highest Low: 46° on 4-19, 27  
Last Year: 0.00°

**Precipitation**  
Precipitation: 3.67" (2.67" Above Average, 3.05" Above Last Year)  
Seasonal Precipitation: 71.09 to 4-30-10  
- 26.73" (4.48" Above Average, 8.36" Above Last Year)  
Snowfall: 0.00  
Last Year: 0.00"

**Outlook for June 2010**  
June 21st is the first day of summer with the sun at its highest point in the sky. The warmer temperatures of June will bring a slight chance of thunderstorms throughout the month. Expect daytime highs to range in the low 70s to mid 90s and the overnight lows in the mid 40s to mid 60s.

## June Averages and Records

**Temperature**  
High: 111° in 1994  
Low: 34 in 1992  
Average High: 65.1°  
Average Low: 54.7°  
Average Temperature: 69.9°

**Precipitation**  
Average Precipitation: 0.16"  
2009 Precipitation: 0.07"  
Greatest Precipitation: 1.87" in 1993

Averages and records only depict data since 1976.

Did You Know? A tornado destroyed a motel near Broken Bow, Oklahoma. The motel's sign was later found in Arkansas.

## ART CLASSES

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## Letter to the Editor

### Goodbye to Our Customers

To the editor:

As most of you know my cousin Kara and I are no longer employed at Jackie's Crazy Otto's. Since we were not given any notice to our recent termination we were unable to say goodbye to so many of you who have been a part of our lives for the last four and five years.

We wanted to take an opportunity to say goodbye and let you all know that you will be greatly missed. Many of you have seen us on a weekly basis for many years and we want you to know that we will miss these interactions that have brightened our days throughout the years.

We will miss the conversations between those of you who attempted to solve the world's problems every morning over your cup of coffee. We will miss the playful teasing that caused numerous pranks on our behalf. We will miss the support given by all of those who watched us grow into the people we are today. Whether you know it or not you have all impacted our lives in one way or another.

I believe that in this small community having a business can be challenging. I attempted to stress the importance of maintaining a community feel to the restaurant but as we were the only two servers from the community it is apparent my advice was dismissed.

We are very sad to be leaving the place that has been our home away from home for so many years. We wish you all the best and hope to see you around. Thank you for everything. Terra and Kara

## Loss, and Yet Rejoice



By Allaire Kosto  
Three people in my life died recently. My

Shakespeare teacher, Lynn Redgrave, died of breast cancer. My Yoga teacher's wife is gone and Patti Games, a former Lake Hughes resident for many years, died on Tuesday night April 27, 2010 at Antelope Valley Hospital.

Patti was one of the sweetest souls I have ever had the privilege of knowing. Perhaps that is why her death is the most tragic and shakes me to my core.

She spent the entire day in the AV Hospital emergency room, never being admitted, or given a room. I wanted to scream, I wanted to advocate for her and get help.

I was told her condition was not "life threatening." Well, it was. She spent the last day of her life on a gurney in the hallway.

Fortunately Patti did not die alone. My dear friend Frank Toothaker responded and was with her at the end. Thank you, Frank, for being there.

My compassion and empathy for health workers is great, but I cannot help but feel that the system let Patti and all of us down.

There must be a better way. Why did this happen? What could we have done to prevent this? Thus, I am having a hard time dealing with Patti leaving this world too soon.

Dan Morrow says Patti is at peace now, and that is a comfort, but still, we mourn and grieve.

My daughter, Chloe got to see and talk to Patti, but she thought it would not be for the last time. Patti watched Chloe grow for the last 13



years, from a baby until now. There is a Cherokee saying, "When you were born, you cried and the world rejoiced. Live your life so that when you die the world cries and you rejoice."

I strive to rejoice and celebrate the lives of those who are departed, but it is not easy.

## The Way I See It! Watch Your Back Fence!

An opinion by Norm Judd  
The furor in Arizona seems remote to Lakes & Valleys residents, but what if illegal aliens, druggies, and possible terrorists, were in your back yard? That possibility is closer than you may believe!

Those critics of Governor Jan Brewer's SB 1070, a bill requiring proof of citizenship, probably visualize border crashers as innocent lettuce pickers. But if their neighbor were shot by a drug-carrying illegal, they would feel differently.

Have you noticed, not a single reference to Mexicans until this point. But reality dictates that those 460,000 illegal aliens adversely affecting Arizona be identified, along with others who are crossing our vulnerable southern border.

Am I a racist? Recently I hired a worker of Latin descent through a local business. Later he boasted being an illegal

alien, and being here for more than 15 years, while buying a home, raising a family, and working under scale. I dismissed him immediately.

Then I hired a Latino gardener who proudly presented his naturalization documents. I fired the illegal but I guess I "profiled" both brown-skinned men.

Hysterical left-wingers, the liberal media, and politicians, have intersected claims of "racism," "discrimination," "Nazis," etc., to the point that the true impact of this Arizona bill is barely discernible. Even President Obama has called it "misguided."

But unlike our disconnected U.S. Attorney General, Eric Holder, and Homeland Security Secretary Janet Napolitano, I read the provisions of SB1070 and the amended HB2102, and have listened to Gov. Brewer, and law professor Kris Kobach, one of the bill's authors, constitutional attorneys, and a multitude of others who assure that the bill is almost a carbon copy of existing federal legislation. So what's the big

deal? If SB 1070 passes, Arizona police will resume what local officers did routinely in the 50's and 60's before departments decided to quit that federal responsibility. The bill specifically prohibits "profiling." Because Arizona residents are trying to defend against violent drug cartels, they are also facing radical, toilet boy-cotts encouraged by both Los Angeles City officials and the California "Taxivator," and an arrogant, negligent, federal administration. I wish every border state would force the fed's hand by passing Arizona's law.

Forget the "immigration reform" (amnesty) President Obama promised during his disingenuous campaign. Along with Arizona, California needs border control! But on May 19, with Mexican President Calderon at his side, Obama stated that the two countries would not be defined by a border, but by other common needs. Again showing disdain for Arizona's bill and states' rights.

At the federal level, we are being governed by radical foxes who want that well traveled path from Mexico's border to lead straight to their ballot box to assure bigger government, higher taxes, more handouts, and a weaker America. In my opinion, that's the way they want it, and "The Way I See It!"

### THE MOUNTAIN YODELER

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## LEONA VALLEY CYMKHANA



Leona Valley Gymkhana High Point Winners from March competition



By Mark Hadden  
"Ole! Ole! Ole!" And the rockin' red glare. "Single A riders get ready..." "Look!" "The 2010 Leona Valley Gymkhana Play Day on Saturday March 27 you heard - and tell these words and so much more. It was a fun event. After reading this article please take a moment to check out the LV Gymkhana web site, courtesy of Orion Westfall, at [www.vgymkhana.org](http://www.vgymkhana.org). Sign-up began at 8 am with the official queen flag run entering the arena at 9 am. This year's queens are Little Miss Olivia McCollum, Jr. Miss Jamie Wells and Miss Colleen Jackson. Our Rodeo of Alliances was held by Miss Alyssa Eaves and our opening prayer was offered by her dad, John Eaves. As the AAA contestants entered the arena some folks enjoyed breakfast goodies provided by the Queen Moms at the food booth. Other waited for the lunch menu. Stalling the food booth were Tamar Wells and Kara McCollum and her mother. Ice was kindly donated by Rancher's Market.

After AAA contestants completed their pattern, AA riders, single A, novice 18 and over, and finally, novice 1 and novice 2 began to enter the arena for some fun and excitement. The arena was prepared by Chris Londergan, Jason Williams, Bill Wells and John Eaves. This arena was ready for the 46 riders. This was the 34th gymkhana. These play days are held at the Lee Rackett Arena which is located behind the LV Community Building on Elizabeth Lake Road.

When the competition ended the Highpoint Awards Winners were recognized: AAA Olivia Eaves, AA-Chelsea Wells, A2-Helene Solomon and Kaitlyn Johnson, A1-Eric Ver Mass. Novice 18 and over: Enca Davis, N2-Elle Jo Wedell, N1-Sarah Nelson (See photo above). Congratulations to all the winners. Ribbons are also awarded for the top 7 finishers in each event in each of 7 classes based on skill level and age. And a thank you to these volunteers: Tara Eaves, Pete and Gayle Kaye, Dan and Tracy Ross, Linda Krenemendahl, Mike, Nancy and Katie Poling, Mark Hadden, Travis Simer, Heather Londergan. Please allow this contributing editor a moment of personal privilege. I would like to thank the following families for supporting Carlene and her family: Londergan, Williams, Poling, Rabinley and Ross. Thank you all very much for your support and kindness. Your friendship means so much to me, thank you!

The remaining 2010 play days are Sat, June 12, Sat July 17, and Sat, Sept 4. Keep you boots ready.

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## LOCAL CHILDREN WIN ART CONTEST

By Debbie Campanella  
For the second year, our local art students participated in the Santa-Catalina Island 15 annual California Women's Club Fine Arts Festival.

The children were sponsored by our local Women's Club, with Sandy Miller being the driving force behind the effort to include our students. First place went to Jaz Sanchez for her mixed media painting, Joshua Tree Road. Maya Turner garnered second place for a pastel painting called Avatar. Bridget Le Doux won second place in her age group for a sand/acrylic painting of the desert. Jaden Sanchez received third place for mixed media painting.

Honorable Mention ribbons were awarded to Jamie Mills, Elizabeth Borowski, Summer Bull, and Chloe Koso. All of them eagerly await the next competition.

The Lakes and Valley Art Guild holds classes every Tues. and Wed. and transportation is provided by H.E.L.U.S. school bus #2 right after the regular school day.

Class is also held at the Leona Valley gallery on Thurs. from 2:30 to 4:00 p.m.

If interested you can register by calling Debbie Campanella at 724-1491.



## T-Ball at the Greenside Grill

(Photos: Dahlia Grossman)









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**Recipe of the Month**

Tom Joynt of Elizabeth Lake won a prize for this  
recipe at the Lakes Community Center's Soup  
Cookoff.

**Creamy Chicken Soup**  
This soup is a real indulgence and best served in  
small portions.

1. Tablespoons of butter
1. Onion, finely chopped
1. Cup all purpose flour
1. Cup reduced sodium chicken broth, heated
3. Egg yolks
1. Cup heavy cream
1. Cup chopped cooked chicken
1. Teaspoon salt

Freshly ground white pepper

1. Melt butter in a large saucepan over  
medium-low heat. Add onion and cook 8 minutes.  
Add flour, whisking until smooth. Cook 3 minutes.  
Add 1 cup of hot chicken broth, whisking vigor-  
ously to blend. Whisk in 5 more cups of broth. Bring  
to a simmer, stirring.
2. Whisk egg yolks and cream together in a large  
bowl. Ladle about 1/2 cup hot soup into egg mix-  
ture, whisking slowly. Pour egg mixture back into  
pan, whisking slowly. Heat slowly (do not boil),  
adding more broth if too thick. Add chicken, salt  
and pepper, and heat thoroughly.  
Makes 8 cups. Serves 8.  
Per 1 cup serving: 230 calories, 19g fat, 150 mg  
chol, 8g protein, 6g carbs, 6g fiber, 660 mg sodi-  
um.

I doubled this recipe for the Lakes Soup Cookoff  
event to get a quantity equal to one full crock pot.

**Thank You, Subscribers**

Thank you to the following, who renewed their  
subscriptions to The Mountain Yodeler during May:  
Lake Hughes  
Edna Adams  
Dennis and Sherry Immel  
Green Valley  
Darryl and Ten Anne March  
Leona Valley  
Margaret and Bill Buckles  
A special thanks to Dr. Dave and Janice  
Gardensheim of Leona Valley and Rita Mitchell of  
Elizabeth Lake for their very generous donations.  
For those who have never sent a donation by  
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## Go For Fun Club Sees Tom Sawyer

By Glenn McConnell, contributing writer

The Go For Fun Club is open to all Green Valley seniors (55 and above). We meet the first Saturday of each month for a potluck at 1 p.m.

This month we are meeting at Piner Place Antique and Gift Store in Leona Valley on June 5 for a barbecue. Bring your own utensils and plate along with a salad or dessert. The meal and drinks will be provided.

Our last outing was a big success. We traveled to Newhall once again and enjoyed the play, "Tom Sawyer" at the Canyon Theatre Guild. It was refreshing to see that most of the performers were children. The production was very entertaining.

Along with our usual group we were treated to the presence of Toddy, Steve and Sandy from Leona Valley. Thanks for coming. Also joining us on this trip were two seniors in training, Melissa and Allison.

After the play, we all enjoyed dinner together at the Elephant Bar. The food was superb.

For additional information, call Glenn or Bonnie at 270-9016.

## Free Chipping for Valleys and Lakes Residents

By Laura "cha" Vennetti  
Free Chipping Days

Please mark your calendars for the third annual Green Valley Free Chipping Day on June 5 and the second annual Lakes Free Chipping Day the following weekend on June 12. This successful FREE event put on by the USDA Forest Service and the AFVSL Fire Safe Council, provides residents with an opportunity to remove the brush and other hazardous fuel material from their property, making our communities fire safe.

The events take place at the Green Valley and Lakes Community Center, respectively and are from 9 a.m. to 3 p.m. with early drop-off at 8 a.m.

The Explorers 101 and Engine 35 will be doing the chipping. The FSC is providing the food that will be cooked by the Green Valley Charitable Hall and the Lakes Community Center.

Fire Season is here now, we can't afford to wait to clear brush. Assistance may also be available for people who are unable to transport their brush to the Green Valley Charitable Hall and Lakes Community Center. Please call Betty at the FSC at 270-9911 no later than June 1 to make arrangements.

### Fire Safe Council Upcoming Meetings

If you would like help or have any questions please call us. Our number is 270-9911. Our Fire Safe Council meetings are the first Wednesday of every month at 7 p.m. alternating among our three communities. Our next two meetings are June 2 in Green Valley and July 7 in Lake Hughes. We look forward to seeing you.

## Green Valley CERT Squad Holds First Meeting

By Laura "cha" Vennetti

Thanks to the efforts of Rob Kennard, Lakes and Valleys CERT Captain, Green Valley CERT Squad leader, Ron Sandisco, and Green Valley residents Vonn McCullough and Betty are planned for the third Wednesday of the month and later may be every other month or quarterly.

We hope to see all of the Green Valley residents who just completed their CERT training at our first meeting, June 23, at the Green Valley Charitable Hall. Please call or email Ron Sandisco at 270-9074, email Ron at rsandisco1@gmail.com or call the FSC at 270-9911.

A special word of thanks needs to go to Green Valley Charitable Hall president, Vonn McCullough, for suggesting and getting the CERT training class going in Green Valley.

## Treasure Box Stretches Food Dollars

The Treasure Box provides families and individuals with a 21-25-pound box of frozen grocery-store quality food that normally retails for between \$55 and \$100 for just \$30 each. One Treasure Box is enough to nutritiously feed a family of four for about a week or an individual for almost a month. No qualifications. No restrictions.

Leona Valley Community Church has partnered with the Treasure Box to provide these boxes in our community and neighboring communities. Once a month we pick up the boxes ordered and bring them to 9306 Leona Ave., Leona Valley, so you can pick them up from us. To order your boxes and see the menus please go to [WWW.treasurebox.org](http://WWW.treasurebox.org) and get ready to stretch your food dollars.

Just go to the web site and click on "find a location." Put in your zip code and it will place you within 20 miles of your location. Then order your box or boxes and we will do the rest. There is no limit to the number of boxes you can order. Leona Valley Community Church  
681-270-0353

## Letter to the Editor

To the editor:

Ladies: Dillards is changing for the better. For personal attention (i.e. wireless bras), see Jennifer in Intimate Apparel, Lisa in Accessories, and another young lady, Lisa, in Shoes. (She took my receipt for Shoes, ran it up to Customer Service, came back and gave me the Dillards savings card - in my case \$60 - which I used to get items in "Intimate Apparel") Lisa in accessories carried ALL my purchases for me out to my car!

Rita Mitchell, Lake Elizabeth

## History Night at Lakes Community Center

Photos: Dahlia Grossman



At our first history night of the year, we saw amazing before (the remodel) and after pictures of the Lakes Community Center building and learned how it was built by the Civilian Conservation Corps (CCC) in the 1930s. We watched a fascinating historical movie about the CCC, starting by the President during the Great Depression to employ young men.

John Seymour shared with us an update on the restoration of the old Leona Valley school house.

The presentation followed a great meal and a tour of the newly renovated east wing. It's very exciting for us to have completed Phase I of the renovation process. We are grateful to Bill Beeson and his crew for all the time they put into the project.

The community center will continue to hold fundraisers throughout the year so that we can move forward with Phase II of the renovation, the west wing. Watch The Yodeler for information on upcoming

## Boy Scouts Raise a New Flag



June 1, 2010

Volume 10 Number 7

Our local Boy Scout troop officiated at a flag raising ceremony at the Lakes Community Center on the first Saturday in April. Photos: Peggy Moore

## Water Rights Issues Concern Residents

By Karen Bryan

Two major bills have been proposed that will affect many Lakes and Valleys residents and their use of water. The first issue has to do with hauled water, wells, and AB 2007. As a currently stands, any new construction, additions over 50%, or failures of existing well systems will cost between \$30,000 and \$50,000 to make the new systems compliant with code.

The new systems will require an onsite disinfection system, plus new holding tanks will need to be a minimum 7500 gallons with 1/4" thick walls (not 12 gauge) and be of AWWA Standards—the same as commercial standards. There will be annual compliance reports and record keeping required (with attached annual tests) from all owners. Plus, up-to-date records will need to be passed on to any new owner.

The second issue is Waste Water Treatment and AB 685. Similar to the above any new construction, additions over 50%, or failures of existing septic systems will cost between \$30,000 and

\$50,000 to make the new systems compliant with code. This ordinance will have similar compliance and record keeping requirements as those required for the hauled water.

In addition, if a parcel uses a domestic well, a second "monitoring" well 100 feet down gradient from the septic system must now be installed with sampling (and its associated record keeping and fees) required every five years.

There are pages and pages of requirements with a lot of concerns associated with each one. One of the biggest concerns, however, is that the combined new systems will add between \$60,000 and \$100,000 to any new construction or upgraded system. In today's economy it could prevent new construction or bankrupt a homeowner who couldn't afford the new code compliant upgrades.

At the April 29 meeting of the Association of Rural Town Councils, it was suggested that it would be wise for current homeowners to obtain extra coverage on their homeowners insurance

should any failure, fire or earthquake cause damage to their system to the point that they would be forced to do new "tap to code" repairs.

Luckily, Antworth's repairer wants more public participation before these bills are voted on, so we should all get up to speed on these two issues very quickly and attend all the Public Participation meetings.

At this point it is anticipated that they will be held in the Crumbecker Center but the concern is that the building won't be large enough.

## Libertarian Party to Hold Meeting/Convention

The Antelope Valley chapter of the Libertarian Party will hold its monthly meeting at 8 pm on June 16 at the Greenhouse Cafe, 1233 W. Ave. P (in the Palmdale Mall). Join us at 7 pm for dinner.

The Libertarian Party of Los Angeles County will hold its annual convention on Saturday, June 19 at Tux French Restaurant, 1911 Sunset Blvd., Silverdale. The keynote speaker will be gubernatorial candidate Dale Ogden. For info go to [lphc.org/annualmeeting.php](http://lphc.org/annualmeeting.php)

## History: The Tragedy of St. Francis Dam

Reprinted with permission from Discover Green Valley, compiled by Jack and Louise Ameloven

In the chill of the night on March 12, 1928, the two-year-old St. Francis Dam stood in lonely grandeur some 50 miles north of Los Angeles. It has been hailed as William Mulholland's impregnable engineering masterpiece, a solitary keeper of 12 billion gallons of water.

Suddenly, at 11:57 p.m., the dam's 200-foot high concrete wall crumbled, unleashing all those billions of gallons down San Francisco Canyon, leaving a stag-gorge toll of 430 dead (and probably more).

The avalanche of water swept 54 miles to the sea in Ventura. It rained with the 1906 San Francisco earthquake and fire, which killed 452 people, as one of California's worst disasters.

An investigating panel appointed by Governor C. C. Young, reporting just 12 days after the dam's collapse, hastily blamed Mulholland's design.

The public outcry left the once celebrated engineer a forlorn, broken man. By the time he died, seven years later at the age of 65, the honor of the Francis Dam would be all but hushed away in history's graveyard.

Some 64 years later, J. David Rogers, a Northern California geologist who investigates dam failures, concluded that the dam collapsed because its eastern edge sat on an ancient landslide that he said

glowed into the dam "like a bulldozer blade" causing a chain reaction. Given the geological knowledge of the time, Mulholland and his designers were not aware of the fatal flaw or able to recognize it in the investigation later.

Today, Rogers' conclusions, after painstaking 15 years of "almost obsessive" research, as one colleague put it, is not only largely exonerates Mr. Mulholland, but gives perhaps California's greatest single disaster a dramatic and revolutionary face in.

The dam was built partly on a giant landslide, which started moving naturally, with no evidence of seismic activity, two to three hours before midnight on March 12, Rogers said. A mass of 500,000 cubic yards of land slid so far that earth at the dam's eastern abutment turned up at

its west end, 800 feet away, and even as deep as 60 feet below the dam's base.

The mass of land that moved weighed 877,500 tons, more than three times the dam itself, which weighed 251,000 tons," said Rogers, 38, who holds a doctorate in civil engineering, and taught at UC Berkeley. "That put an enormous amount of stress on the dam."

In an interview, Rogers said almost no engineers of Mulholland's generation understood the "uplift theory," meaning, he said, that "dams aren't as heavy as most people think." At the St. Francis Dam, Rogers said, the landslide's powerful force propelled the concrete base upward.

And what made the dam all the more vulnerable, he added, was the enormous buoyancy of those 12 billion gallons of water.

"Think of holding a cubic foot of soil weighing 100 pounds in your hands and then jumping into a swimming pool with it," Rogers said. "Suddenly, that same cubic foot weighs a lot less, only 27.6 pounds. That's how the pieces of concrete, one weighing 1,600 tons, carried so far downstream."

Indeed, today, the dam site is a stark, lonely hollow where a few chunks of the dam's base lay scattered, like headstones in a giant graveyard.

Bouquet Reservoir, built to replace the St. Francis Dam, was completed in 1934. With this construction, Spunky Canyon Road was built and later paved. The road up San Francisco was rough and mostly unpaved.

Travelers were discouraged from using it. In those days you had to go all the way around on Lake Elizabeth Road then down San Francisco to get to Green Valley. As I remember, there was a sign posted on San Francisco at the South Portal that read in part, "Past at your own risk. This road is not maintained beyond this point. Department of Water and Power."

The Lakes Community Center will be hosting a tour on June 19. (See page 9 for details.)

June 1, 2010

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Sarah Clayton, LVIA president, presents Kathy and Chris Londergan with a commendation in recognition of their community service. Stoddard photo

## LVIA Honors Chris and Kathy Londergan as May LVIPs

By Christine Stoddard

Reprinted with permission from Cherry Chapters

For May's Leona Valley Important Person presentation Leona Valley Improvement Association selected Chris and Kathy Londergan. This couple has lived in Leona Valley for 10 years. Their involvement in youth activities includes nine years with Palmdale Pony Baseball. They were also involved in Palmdale Youth Football.

Chris works for Lockheed Martin. Based on an employee's volunteer time the company makes charitable donations to organizations. Chris has volunteered over 1,000 hours to LVIA and has had \$1,000 donated over the past four years.

When their son Jonathan was born, Kathy became a full-time wife and mother. She started working at Rancher's Market two years ago and has been postmaster there for the past year.

Both Londergans have been involved with the Leona Valley Play Days Gymkhana for eight years. They served four years as presidents from 2006 through 2009.

Chris took vacation days on the Fridays before gymkhana to water the arena and clear the area. Both would get to the arena early on competition days to prepare for the events and Chris (along with many other dad's) would spend the day standing out in the field helping with the judging. Kathy spent countless hours in the booth, calling out times and encouraging contestants. They have always been involved with their children and continue to volunteer. Heather's desire to participate in rodeo led them into youth and high school rodeos. Because of this they needed to step down from their work with the local gymkhana, but are ready to help out whenever needed.

Kathy started on the LVIA board five years ago and currently serves as secretary. Chris's volunteering includes helping out in the sprinkler system in the arena and hanging lights at most of the community events. Both can usually be found in the kitchen at many LVIA functions.

Both Chris and Kathy say one of their most special gymkhana memories is the time when hundreds of balloons were released with prayers for the well-being of San Geronimo's queen, Carlene Hobbs.

They have also enjoyed their participation in the Gymkhana Queens' pageants and take great delight in their involvement, saying that having been able to see the girls from the beginning of the contest through to the pageant at the end was amazing.

Congratulations, Kathy and Chris!



## The High Desert Organic Gardener

By Robert Kerkens  
Contributing writer

Joe Spambach, far west side local farmer, was the guest speaker at the May Crop Meeting. Joe grows, on four acres of Route 138 and 242nd Street West, many varieties of summer crops, including corn. He also has a roadside stand.

Some of Joe's farming is done organically and some is done chemically. My suggestion is that anyone who wants to purchase from Joe ask him how and what he used to grow whatever is being purchased. His organic leanings seem to be developing due to buyer pressure.

He says he is growing many things that are not easy to grow here, such as heritage tomatoes, so visiting his farm when it is in full swing should be interesting.

Joe sells rows of corn before they are even planted, for twenty bucks, you pick when ripe. The rows are more than 100 feet long, so that is a lot of corn, over a period of time, as Joe does successive plantings in all the rows. A number of our members bought a row, including Robin and me.

Joe spent most of his adult life as a building contractor who also did some gardening over the years. After retiring he went full time into farming. Joe can be reached at 661 724-1867 or 661 236-5386. Tell him you heard about his farm from me.

### Raised Bed Gardening

One of the best ways to grow food is with raised beds. A raised bed is basically an elevated area that rises above the surrounding ground level. The best of raised beds is one that is surrounded, and supported, by a frame that goes part way into the ground, as high as is needed, surrounding and containing the soil to be used for growing.

The most common material used for frames is wood. The best wood is redwood, it's not cheap but it resists rot the best. If not resisting treated wood is used be sure it is safe.

Cinder blocks, or some other similar material, can also be used. While concrete raised beds are more work and are more costly they more than make up for it once established by ease of maintenance and greatly reduced weeding care.

Raised beds can be of any length but the width should be about five feet or less. It depends on the size of the people using the bed. Taller people

who have a long reach can go wider and vice versa. Once a raised bed is established it is never to be walked upon, leaned on, or compressed in any way.

Once the size and location of the bed is determined add two feet to each side.

This is one of the few times you will hear, or see, me say this, turn the soil with a rototiller, tractor, horse-drawn plow or turn it over by hand.

Add about a four-to-six inch layer of animal manure, such as horse or steer. This could also be a good time to add other things like wood ash and soil sulfur. Thoroughly mix it all together.

The extra two feet turned all around the bed will be piled up on the bed.

Once the perimeter is established dig down a minimum of two feet. Wood needs to go down to about one foot and some gopher netting should be laid in below the wood for a minimum of another foot. Placing the wood a foot down helps to keep out marauding weed roots, like crab grass.

Build the containing wall to whatever height desired, throw in the extra mixed soil and add any more soil, compost, etc. Bring the surrounding soil up to level or leave it lower.

Raised beds can be done without any containing walls and they work very well and are quicker and easier to make. Instead of being vertical, the sides and ends of the beds will slope.

If there are beds next to each other, a flat path of about two feet will remain. Build them basically the same as container raised beds.

The Garden Co-op meets monthly on the second Saturday at 3 pm at my place.

This month, due to a wedding, the meeting will be on the third Saturday. June's meeting is on the 15th. Call or e-mail me for directions.

Horse Co-op is dissolved. Seems like everyone came out ahead when considering the total time of involvement. Robin sold gentle giant Honey to a place where she will be well appreciated. It looks like Robin is ready to slow down on riding and doing so on old Jasmine will be enough for her. But Honey will be missed by all, especially Jasmine.

Buy local, not global.

R R R Hennesstaid, P.O. Box 2738, Lancaster, CA 93529 (661) 728-0095 rfhennesstaid@netcom



### HELUS Students Create Wax Museum

By Gillian Chaffetter, staff writer/photographer  
Here is the 5th Grade Wax Museum presentation. Many gathered around to see the wax figures come to life at HELUS. Mrs. Silva and Mrs. Cain's class students entertained their parents and families. The wax figures portrayed many of the 50 United States. If you have witnessed the wax museum then you must have seen the children in action! Many commented that all the students were wonderful - and they truly were! Students spent many months in preparation!  
Photos: Gillian Chaffetter More photos, page 29.



## Letter to the Editor

To the editor:

In the May issue, retired U.S.D.A. Forest Ranger John Dannan wrote:  
"All man made lakes and reservoirs go by name first, then lake, like Castaic Lake, Pyramid Lake, etc. That is why you see the I-5 Castaic Exit, 'Lake Hughes Road' as it is a natural lake. So as I said the proper saying for the lakes is put the word 'Lake' first."

This is false information; putting Lake before or after the lake's name has no relevance.

Examples:

Great Salt Lake - Natural (Lake comes AFTER)  
Lake Powell - manmade (Lake comes first)  
Donner Lake - Natural (Lake comes AFTER)  
Also, here are the FOUR largest MAN MADE lakes in the USA and they all start with LAKE:

1. Lake Mead (Arizona and Nevada)
2. Lake Powell (Arizona and Utah)
3. Lake Sakakawea (North Dakota)
4. Lake Oahe (South Dakota)

Sincerely, Jodi Daniels, Elizabeth Lake



Wax Figures (cont. from page 28) Photos by Gillian Chaffetter

## Letter to the Editor

To the editor:

I would like to take this opportunity to thank a local resident for his help on May 4. I had just gotten home around 8:30 pm. My daughter yelled to me that there was a man at the door and the horses were out. I ran outside in a panic since we live near a blind curve on Elizabeth Lake Rd.

Six of my horses were out! Four of them were in the road by the gate and two were heading down the street into the blind curve.

The strap securing the gate had snapped. Jay, the man who had found the horses had gotten out, and my husband was able to round up the four and get them to go in through our front gate. I yelled to the other two and they came back to me.

I am so thankful that Jay took the time to come and get us and help secure the horses. It is a good feeling to know that we have wonderful neighbors who will stop to help in a situation like this.

Thank you so much, Jay!!! Donna

### Quotable Notables

"He has no enemies, but is intensely disliked by his friends." - Oscar Wilde

"I am enclosing two tickets to the first night of my new play, bring a friend... if you have one." - George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second... if there is one." - Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here." - Stephen Bishop

"He is a self-made man and worships his creator." - John Bright

"Some cause happiness wherever they go, others, whenever they go." - Oscar Wilde



## Salt is Leading Cause of Stroke, says Dr. Fuhrman

Reported with permission from Dr. Fuhrman's website.

**Are you at risk for a stroke?** **Excess salt is the leading cause of disability in the U.S., and the third leading cause of death.** Almost 800,000 people in the U.S. have a stroke each year. Although strokes are usually perceived as a condition that affects older Americans, they occur in people of all ages.

About 25% of strokes occur in people under the age of 65, and 10-15% occur in those under age 45. Last week, at the age of 41, Beau Biden, Delaware Attorney General and son of U.S. Vice President Joe Biden, suffered what is being called a mild stroke. Joe Biden himself suffered from a hemorrhagic stroke due to a ruptured brain aneurysm in 1995 at the age of 45.

Bret Michaels of the band Poison and a contestant on The Celebrity Apprentice, recently suffered a subarachnoid hemorrhage (a type of hemorrhagic stroke) at age 47. He was released last week to a rehabilitation facility.

Simply eating a vegetarian or vegan diet does not preclude you from heading down a path to suffering a stroke yourself. Many vegans falsely believe that their low cholesterol levels and decreased atherosclerosis risk make them exempt from all types of cardiovascular disease. This is not always the case — they may even be at higher risk!

Everyone needs to know how to protect themselves. It is important to first understand what a stroke is and why it occurs.

### What is a hemorrhagic stroke?

There are two types of strokes: ischemic and hemorrhagic. Ischemic strokes, in which blood flow to the brain is blocked either by a clot or atherosclerotic plaque, are most common. Hemorrhagic strokes, caused by bleeding in the brain due to the rupture of a blood vessel, are less common but can be devastating. The rapid bleeding into the brain compresses the neural tissue, most often resulting in permanent damage or death.

**What makes the small blood vessels of the brain susceptible to rupture?**

Hemorrhagic stroke, on average, affects younger people than ischemic stroke does, and the most common cause of hemorrhagic stroke is high blood pressure. Elevated blood pres-

sure places stress on the walls of the small delicate vessels in the brain, and is the foremost risk factor for both ischemic and hemorrhagic strokes.

### Protect yourself from hemorrhagic stroke. Avoid salt!

High blood pressure is the most important risk factor for hemorrhagic stroke, and Americans have a 80% lifetime probability of having high blood pressure. The most effective way to keep blood pressure in a favorable range is to avoid excess salt.

High-salt consumption may be potentially more dangerous for vegans, vegetarians, and others who have earned low cholesterol levels by eating otherwise healthful diets.

Unlike heart disease, cholesterol is not an important risk factor for hemorrhagic stroke. In fact, low cholesterol levels are associated with increased risk of hemorrhagic stroke. A number of studies both in Japan and in the West have illustrated that fewer animal products and a low serum cholesterol were associated with increased risk of hemorrhagic stroke.

In fact, the plaque-building process that results in atherosclerosis and premature death may in some way actually protect the fragile blood vessels in the brain from rupture due to high blood pressure. Although vegans may be able to live longer than the general population and not die from a heart attack first, a high salt diet may dramatically increase the risk of hemorrhagic stroke. Of course, excess sodium increases both heart attack and stroke death in all diet styles, but in vegans, a high-salt diet can be even more dangerous.

To protect against heart attacks, ischemic strokes, and hemorrhagic strokes, you must dramatically curtail salt consumption.

Excess salt is more dangerous than most people realize. In addition to high blood pressure and stroke, salt contributes to kidney disease, heart disease, osteoporosis, ulcers, and stomach cancer. Avoiding salt is an essential component of a health-promoting, disease-preventing diet.

To learn more, read Dr. Fuhrman's articles and newsletters about salt and hypertension.

Dr. Fuhrman.com

1-800-474-WELL (9355)

Editor's Note: Dr. Fuhrman is widely known and highly respected for his nationwide campaign to prevent heart disease and cancer through education.



T-Ball (Grossman photos)

Congratulations to Kathryn Rose Buckles on her recent graduation from University of California Santa Barbara with a bachelor of science degree in financial mathematics and statistics. Kathryn was a 2003 graduate of Hughes Elementary Lake Union School, and a recipient of a 2006 State of California High School Certificate of Proficiency.

Congratulations to Brittany Troffer, who was crowned Miss Palmdale on May 5. Brittany is the daughter of Paul and Annette Troffer, close friends of the Yodeler's editor.

Heidi Beswick (left) and Jennifer Crockett

Leona Valley queens held a bake sale on May 22 to raise money for the AV Fair pageant.

Two former HELUS students were recognized April 22, 2010 at the annual 4.0 Recognition Dinner held in honor of 303 high school seniors from all Antelope Valley area high schools. The students recognized at the event were those graduating with a cumulative GPA of 4.0 or higher. An award banquet was held in their honor and the Antelope Valley Fair and the local business community helped sponsor this event.

Distinguished guests included Assemblyman Steve Knight, Norm Hickling, Dr. Jackie Fisher, all high school principals, and all members of the AV High School District Board of Trustees.

Heidi Beswick, daughter of Jay Beswick and HELUS teacher Anja Beswick, is graduating as valedictorian from Quartz Hill High School, after which she will attend UCLA with an und declared major.

Jennifer Crockett, a lifelong resident of Lake Hughes, is graduating as valedictorian from Desert Christian High School. She plans to attend Westmont College in Santa Barbara to study art.

Has your son, daughter, spouse, parent or pet been honored? Send us the photo for this page. There is no charge. Email photos with explanation to danna.grossman@verizon.net

Photo above and at right: Little Miss Lakes Eliza Carroll was one of three judges for Dillard's Idol. About 15 kids performed and the winner received a shopping spree at Dillard's. Eliza got to privately score each contestant, then say what she thought about each performance. They got to meet Alice in Wonderland and the Mad Hatter-Photos by Donna Carroll.

THIS 'N THAT





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